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# SHABBOS MENU

FOOD FOR  
THOUGHT  
TO SPARK  
CONVERSATION

PART OF THE CCHF SHABBOS TABLE MACHSOM L'FI PROGRAM • SHABBOS PARSHAS CHAYEI SARAH 5783 • ISSUE 317

## HAPPY BIRTHDAY!

*No harm was meant, but harm was done. May you let the injured party know who is behind his misfortune?*

T H E

### DILEMMA

Avi was turning 30. As yet unmarried, he resented how each new birthday seemed to provoke new waves of pity and concern among his friends and relatives. The last thing he wanted was to publicize the fact that he was hitting the Big Three-Oh. Therefore he told his family and friends, "No party! Absolutely no party!"

Zev, Avi's long-time friend and neighbor, thought Avi was just putting on a show of humility. "Of course he wants his friends to celebrate his milestone birthday with him!" Zev thought. He planned a big surprise party for Avi at his favorite restaurant, and swore all their friends to secrecy.

When Avi walked into his party, thinking he was joining a different friend for dinner, the shouts of "Surprise!" and "Happy Birthday!" turned him pale with anger. Realizing that he had to rise to the occasion, he swallowed his pain and did his best to smile through the night.

Afterwards his brother told him, "I saw the look on your face when you walked it. You were furious. I told Zev not to do this, but he thought you were just trying to be modest."

Zev only wanted to do something nice for Avi. Did Avi's brother speak *rechilus* when he disclosed who planned the party?



T H E

### HALACHAH

There are three factors that might seem to indicate that this is not *rechilus*: First, Zev didn't think he had done anything wrong; secondly, Avi's brother knew Zev was not trying to harm Avi; and thirdly, if Avi had asked Zev if he planned the party, Zev would have readily admitted it, since he didn't feel he had done anything wrong. However, **even with all these factors in play**, Avi's brother spoke *rechilus*, because he stirred Avi's animosity against Zev.

*Sefer Chofetz Chaim, Hilchos Rechilus 1:2*

Reviewed by  
Rabbi Moshe  
Mordechai Lowy.  
For discussion  
only; actual  
halachic decisions  
should be made  
by a *rav* or halachic  
expert on a case-  
by-case basis.

## PARTICIPANTS SPEAK

*Thank you for  
your weekly chizuk!*

*Ariel Asa*

### FOR QUESTIONS AND COMMENTS, EMAIL

[Shabbosmenu@cchfglobal.org](mailto:Shabbosmenu@cchfglobal.org)

"One should

*study*

in great depth  
the laws he continues to stumble  
over, so that the laws will become  
fixed in his memory; this will  
remove the

*power*

the *yetzer hara* has  
over him with respect to  
this sin [loshon hora]."

*- Shmiras HaLoshon / Shaar HaTevunah ch. 16*

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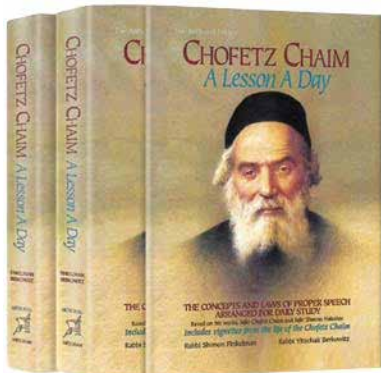
# IGNITE A SOUL

**S**andy worked in an office with Gloria,\* who was Jewish but lived a secular lifestyle. In fact, Gloria had almost no knowledge of Judaism; she was even married to a non-Jewish man.

Meanwhile, in the Torah world, a new brand of learning was arriving on the scene. *The Chofetz Chaim: A Lesson a Day* provided, for the first time, daily lessons in the *halachos* and *hashkofos* of *shmiras haloshon*, adapted from the works of the Chofetz Chaim and following the *Shmiras Haloshon Yomi* calendar of the Manchester Rosh Yeshivah.

The goal of the book was to involve vast new swaths of Klal Yisrael in this life-changing learning. More people would have access to the Torah's wisdom on speech and human relationships. More Jews would come to understand the power of the mitzvah to increase their personal happiness and bring Klal Yisrael closer to redemption. People began picking up the book and learning it in groups or with partners.

Among those people was Sandy, and the partner she invited to learn with her was Gloria. For some reason, despite her disconnection from Torah, Gloria agreed. As the learning progressed, Gloria made an eye-opening discovery: The Torah is in perfect sync with human emotions and relationships. It is so respectful of the human heart that it provides detailed guidance on how to speak to and about each other.



Sandy reported that the learning sessions became a springboard for many deeper discussions about the Torah's

wisdom that launched Gloria's spiritual growth. Ultimately, the beauty of Torah's all-encompassing laws, which speak to every aspect of a person's social, emotional, physical, and spiritual well-being, brought her back to her roots.

\*Names have been changed.  
Reprinted from CCHF's newest book, *40 Days of Caring*, published by ArtScroll Mesorah Publications

## sage advice THE INVISIBLE 'POISON' WARNING

*When we know what it is, we know what to do.*

*David's house was infested with ants. He was tired of paying the exterminator each year to walk around spraying a chemical that anyone could buy at Home Depot. He decided that this year he would do it himself.*

*He bought the insecticide, and after using it, stored it on a high shelf in the basement. The next day his little boy Chaim climbed up on a chair and then on the washing machine, and reached up to the shelf. He grabbed the spray bottle, climbed down, and ran upstairs to his mother, who was in the kitchen preparing dinner.*

*"Look what I found!" he exclaimed, as he worked to get the trigger moving.*

*What would his mother do? Would she say nothing so as not to hamper Chaim's self-expression? Would she worry that stopping him might insult him? She would grab it out of his hand!*

What about when the danger is spiritual? *Loshon hora* and *ona'as devarim*—hurtful words—are spiritual poisons. When we recognize them for what they are, we act ASAP to keep them out.

There are ways to do this without accusing or condescending. For instance, you can say, "I'm working on my *shmiras haloshon*. Can you help me out?" It may be a little awkward in the beginning, but it soon becomes natural.

### TALK ABOUT IT

When your mind warns, "We probably shouldn't be saying this," what can we do make sure we actually stop?



## SAVE THE DATE!

**CHOFETZ CHAIM  
HERITAGE FOUNDATION  
15<sup>th</sup> Annual Dinner**

**Sunday, December 11, 2022**  
Bell Works  
101 Crawfords Corner Rd.  
Holmdel, NJ 07733

To place an ad and for reservations,  
please call **845 352 3505 EXT 113**  
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## OUR MISSION

at the Chofetz Chaim Heritage Foundation is to inspire Jews around the world to grasp the life-enhancing gift of *shmiras haloshon*, *ahavas Yisrael*, and *shalom*, and to provide easy access to a wide array of options designed to spark personal growth.

**18,000 daily  
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### TALK ABOUT IT

Is there someone you know—a non-religious friend, relative, or coworker—who might be interested in learning a *shmiras haloshon* book with you? Go for it!

לע"נ  
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דבורה בת ישראל ע"ה  
Dedicated by Uri and Riki Sklar

In memory of  
**Fraidy Tzira bas Reuven  
Tzvi a"h—Aunti Flo**  
Dedicated by  
the Richeimer family

As a *zechus* for  
our children  
Dedicated by  
Chaim & Sara Moeller

לע"נ חיים יחיאל מיכל בן  
רפאל פייוועל שניאור ז"ל  
נלב"ע ערב שבת קודש  
י אלול תשע"ז  
ת.נ.צ.ב.ה.